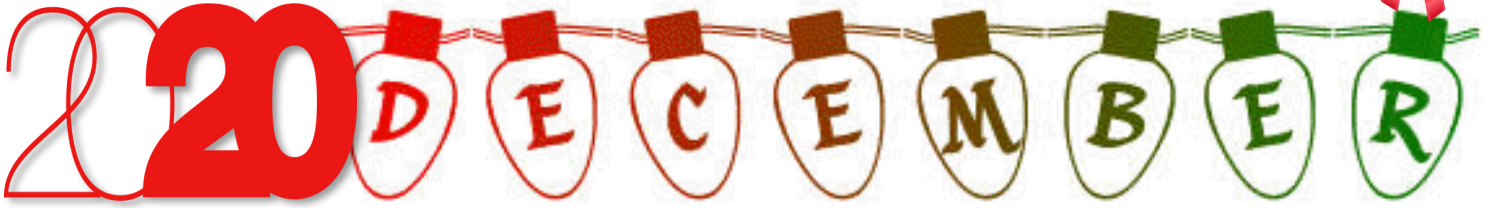


# Wasatch County Seniors Newsletter

Open M-F 8:30 am—4:00 pm • 465 E 1200 S Heber City, Utah • Phone: 435-654-4920



## **COUNTY ADVISORY BOARD 2020**

- Chair: Jim Kohler
- Vice-Chair: Tom Melville
- Secretary: Marcia Young

### Regular Members:

Betty Brandner, Steve Farrell (County Council Rep.), Mary Johnson, Jim Kohler, Raneva Lemon, Linda Middleton, Rick Tatton, Marcia Young

1<sup>st</sup> Alternate: Tom Melville  
2<sup>nd</sup> Alternate: David Davies

## **SENIOR CENTER CORPORATE BOARD 2020**

- President: Sandy Hansen
- Vice-President: Cheryl Jones
- Past President: Dennis Allen
- Secretary/Treasurer: Marvin Rust
- Historian: Dan Rider

### Directors:

Dee Akerley, John Besendorfer,  
Roy Daniels, Laurel Rail, Wayne White

## **Senior Center Staff**

- Center Director:  
Ashley Fish
- Food Services Manager:  
Cora Briggs
- Administrative Secretary:  
Tiffany Horrocks
- Activities Coordinator:  
Candie Bonner

## **SPOTLIGHT**

### **Barbara & Lee Murdock**

We are the Murdocks, Lee and Barb. Lee was born and raised in Heber City and Barb basically in the Salt Lake area. We met after high school and married in Heber City. Barb's family was now living in Kamas.

Our first home was in Salt Lake City where Lee was employed at Sperry Utah where he was introduced to the computer world. That career then took us to California where Lee was employed tracking satellites and missiles. We then traveled back to Salt Lake city where Lee was employed at Univac, a computer manufacturer, where he was manager of computer technology. We then moved to Vancouver, B.C. for ten years where Lee was involved in the start up of a computer service company, telephone company management and consulting for many companies.

After the death of his mother in 1978, we moved back to Heber City where Lee was employed as the manger of an integrated circuit manufacturing company. After the company closed, Lee purchased the Super Wash on Main Street.

We have four children, all married, three who live in Wasatch County and one in Wasilla, Alaska where they are all successful in their own ways. We also have 16 grandchildren and one great granddaughter.

Barb has been involved with quilting for the past 20 years and enjoys being with her quilting friends and overseeing many responsibilities in diffrent groups and organizations. She has been a primary president, PTA president, served a term on the planning commission, was assistant at Mikasa, worked at Heber Light and Power and the Wasatch Wave, in addition to many other things.

Lee was involved in scouting for many years, both in Canada and Utah and he also served as chairman of the Heber City Planning Commission.

Both of us ran with Wasatch County EMS as EMT's for many years and enjoyed serving the community. Lee also served with Wasatch County Search and Rescue.

We loved to go camping, especially in the Escalante area. Lee enjoyed helping our son build a big barn and restoring an antique tractor that was given to him by Barb's sister.

We love living here in Heber City.



## From the Director's Desk .....



As we come to the close of this most remarkable year, I use this column to share some humor. I received these from old friends, Maile and Jack, who reside in Washington State, both now in their late 80's.

### **"A Plan for Seniors** (author unknown)

Most seniors never get enough exercise. In His wisdom, God decreed that seniors become forgetful so they would have to search for their eyeglasses, keys, and other things, thus doing more walking. And God looked down and saw that it was good.

Then God saw there was another need. In His wisdom, He made seniors lose coordination so they would drop things, requiring them to bend, reach, and stretch. He looked down and saw that it was good.

Then God considered the function of bladders and decided seniors would have additional calls of nature, requiring more trips to the bathroom, thus providing more exercise. He looked down and saw that it was good.

So, if you find as you age, that you are getting up and down more, remember – it's God's will. It is all in your best interest even though you mutter under your breath.

### **Nine Important Facts to Remember as We Grow Older** (author unknown)

#9 – Death is the number 1 killer in the world.

#8 – Life is "sexually transmitted".

#7 – Good health is merely the slowest possible rate at which one can die.

#6 – Men have two motivations, hunger and hanky panky, - and they can't tell them apart. If you see a gleam in his eye, make him a sandwich.

#5 - Give a person a fish and you feed them for a day. Teach a person to use the Internet and they won't bother you for weeks, months, maybe years.

#4 – "Health nuts" are going to feel stupid someday, lying in the hospital, dying of nothing.

#3 – All of us could take a lesson from the weather. It pays no attention to criticism.

#2 – In the 1960's, people took LDS to make the world weird. Now the world is weird, and people take Prozac to make it normal.

#1 – Life is like a jar of jalapeno peppers. What you do today may be a burning issue tomorrow.

..... Please share this wisdom with others while I go to the powder room."

To each of you ---- May the coming New Year be filled with *good health, happiness and love!*

Happy Holidays! Ashley Fish

**"Your annual \$10 contribution to the 'Wasatch County Senior Citizens, Inc.' fund is greatly appreciated.**

**For those of you who have not yet contributed this year, and wish to – in order to keep your copy of the monthly newsletter coming - please make your check payable to the *Wasatch County Seniors* and forward to our mailing address – 465 East 1200 South, Heber, UT 84032.**

**We are most appreciative of your financial support which, in part, helps with production, printing and postage costs."**





## *The Legend of Timpanogos*

*By Donna Dayton*

*Many, Many moons, Timpanogos with her peaks  
Has held a special legend, of a love that is unique.*

*Dwelling in the foothills, the Uintah Indians were known  
Chief Eagle ruled, but the Great White Spirit shone.*

*The tribe believed He lived, in the crags of the lofty mountains  
Where steep glaciers meet, cool waters spring like fountains.*

*He measured out good will, or ill fortune as they deserved  
In devastating storms, or curse the streams and their reserve.*

*The tribes begged for mercy, in their ceremonial passion  
But to no avail they must sacrifice a maiden.*

*Blindfolding the girls, that the angry God may choose  
The one to pick the stone, with the death mark for a truce.*

*Daughter of the chief, young Utahna's fate was sealed  
she chose the marked stone, her young life she would yield.*

*Braves led her to the portal, sacred ground from whence she'd leap  
In her tribal robes, avenging promise she would keep.*

*In the tread of moccasined feet, she walked the wooded path  
Maiden dreams set aside, she'd calm the Great White Spirit's wrath.*

*On the trail was Red Eagle, from a strange tribe, his father chief  
In superstitious terror, gave herself to him in relief.*

*Red Eagle understood, in his desire, he was tempted  
Pretended to be divine, said her sacrifice, "accepted."*

*Along a narrow terrace, he guided her into a cave  
Utahna's heart filled with joy, fell in love with a Piute brave.*

*For many, many moons, she believed He controlled the storms  
The Great God Timpanogos, she lay contented in his arms.*

*Then a grizzly bear, attacked her holy lover  
Bringing forth his life's blood, the truth she did discover.*

*Nursed him back to health, then slipped away, in her disgrace  
Arms raised in supplication, her body hurled through the space.*

*Her body at his feet, Red Eagle raised his broken bride  
Went back to crystal cave and in sorrow, he too, died.*

*The Great White Spirit then, merged their bleeding hearts as one  
Fastened to the ceiling, signifying the union.*

*And on the mountaintop, the Great White Spirit quietly keeps  
Watch over the fertile valley, as the Indian Maiden sleeps.*



**American  
Red Cross**

**donate  
BLOOD**  
save a life

**Date: January 6, 2021**

**Time: Noon- 5:00pm~By Appointment ONLY**

**Where: Wasatch County Senior Center**

**465 E 1200 S Heber**

**To Schedule An Appointment Go To [RedCrossBlood.org](http://RedCrossBlood.org) or Call 435-654-**





To all our Seniors...just a little info from the kitchen.

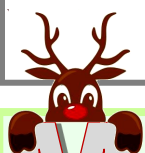
**MERRY CHRISTMAS**  
*And*  
**A VERY HAPPY NEW YEAR!!!**

Hope the new year brings all "Health and Happiness".

It will be wonderful to get back to normal.

Please remember to keep drinking your water.

Until next time, take care...Cora Briggs



# MEDICARE

As we continue through Medicare Open Enrollment (which ends December 7th) I see ads for Medicare plans that are misleading, and I have had calls about the confusion they cause. **First:** There is no Medicare Advantage plan that can "put money back into your Social Security check." They mean that their agents could help you apply for the Extra Help Program through the Social Security Administration. This is the program we often mention where the Federal Government will help with the cost of your prescription drugs. Tied to that application, is a question on the application that the application could go to our State Medicaid office to see if you qualify for a program to pay your Part B premium. Our office can also help you see if you qualify for this low income assistance. Do not be swayed by their promises to pay you back. **Second:** When these advertisements say everything has \$0 co-payments they fail to say that with a Medicare Advantage (MA) plan you will still have to pay your Part B premium (unless you qualify for Extra Help). The Part B premium for 2021 will be \$148.50, an increase of \$3.90. Social Security beneficiaries will be receiving a 1.3% increase to their SSA benefit. Many MA Primary Care visits are \$0, but the Specialist visits range from \$30-\$50. Do your research! Go to [medicare.gov](https://www.medicare.gov) to log into, or create an account. You will be able to view your current plan and see what the changes will be for 2021. We urge you to get your flu shot for this season. It is free with your Medicare coverage. When the COVID-19 vaccine is available, it will also be free as part of Medicare preventive services. For now, all COVID testing and antibody testing is paid for as long as you go to a Medicare approved facility. Take care of yourselves, be safe and enjoy your holidays. I, Dawn Loper, will be retiring at the end of December, but Michelle Jensen will be able to answer your questions in the new year and for the rest of this year. Our number at Mountainland Association of Governments (MAG) is 801-229-3819

**Dawn Loper / Michelle Jensen**

SHIP Medicare Counselor

801-229-3819

[mountainland.org/aging](https://mountainland.org/aging)







# ACTIVITIES



**Join Us On The “Wasatch County Senior Center” Facebook Page For Some Fun!**

**Every Wednesday -Bingo:** We will be playing Bingo on Facebook live at **1:00PM!** No charge to play. Bingo cards and prizes will be picked up curbside or delivered Tuesday & Thursdays 11:30-12:15 during lunch pick up.

**December 17th –Wear Your Ugly Christmas Sweater:** Wear & show off your “ugly” Christmas sweater during lunch pick up! Don’t be a Grinch, show off your Holiday cheer.

**December 1st-19th—Christmas Card Exchange:** Sign up for our Christmas card exchange. Call Center for details. 435-654-4920

**Every Monday- Books On Buses:** Need something from the library? We can delivery it to you. Call the Senior Center to get on the delivery list. 435-654-4920

**We are here to help! If you need assistance accessing these sites on your smart phone or computer, call the Senior Center and we can assist you. We want this to be easy and enjoyable.**

**Find Us On Facebook**



## Throw Back Pictures



# Happy Birthday

Mike Dorsey	1	Jane Thatcher	8	Jim Smedley	17	Kenneth Matsumoji	24
Laura Ribinsky	1	Marcia Young	10	Doris Wolf	17	Sidney Ellingford	25
Laural North	1	Robert Pelton	12	Merry Duggin	19	Jeanine Moss	25
Maurice Emerson	2	Marina Verden	12	Betty Brandner	22	Ruth McGuire	26
Susan Farrell	3	Lyle Gertsch	13	Pam Casper	22	Mary Ann Campbell	26
Ann Clarke	4	Roy Kendall	14	Annette Young	22	Sue Avne	27
Carol Davis	6	Cindy Bishop	14	Katherine Courval	23	Ashley Fish	28
Mike Kohler	6	Arlene Chandler	14	Sharon Carlson	24	Larry Clark	29
Mary Ordway	7	Charles Jenkins	16	Carol Nielson	24	Ted Schrader	29
						Sharon A. Spencer	29



Margaret Schloss would like to thank whomever donated this craft kit in January to the Senior Exchange Table. She made the ornaments and will be giving one to each one of her Great – Grandkids for their Christmas Tree.

*Thank You*

**Carl Provost**  
Born: September 20, 1943  
Died: September 25, 2020  
Married: Cheryn Lewis Provost

**Barbara Casto Mooney**  
Born: February 23, 1926  
Died: November 2, 2020  
Married: Albert Mooney

**Evelyn Clegg McNeill**  
Born: February 20, 1940  
Died: November 11, 2020  
Married: Glen McNeill

**Vicki Burrup Winterton**  
Born: December 5, 1961  
Died: October 22, 2020

**Ethel "Happy" Mannouch Turner**  
Born: August 1, 1927  
Died: November 2, 2020  
Married: Benjamin Turner

**Claude Hicken**  
Born: October 22, 1953  
Died: November 13, 2020  
Married: June Moulton Hicken

**Keith Carlile**  
Born: January 5, 1930  
Died: October 23, 2020  
Married: Maxine Clyde Carlile

**Dixie Hatch Mair**  
Born: July 27, 1944  
Died: November 3, 2020  
Married: Gordon Mair

**Ronnie Giles**  
Born: September 30, 1941  
Died: November 15, 2020  
Married: Afton Giles

**Donna Morris**  
Born: October 8, 1954  
Died: October 27, 2020

**Mark Parker**  
Born: December 12, 1958  
Died: November 5, 2020  
Married: Cathy Bingham Parker

**Russell Malm**  
Born: January 12, 1931  
Died: October 27, 2020  
Married: Doris Roos Malm

**Mary 'Marcie' Gallegos Johnson**  
Born: September 24, 1953  
Died: November 8, 2020  
Married: Darwin Johnson

**Coleen Casper Sundstrom**  
Born: April 19, 1937  
Died: October 27, 2020  
Married: Albert Sundstrom

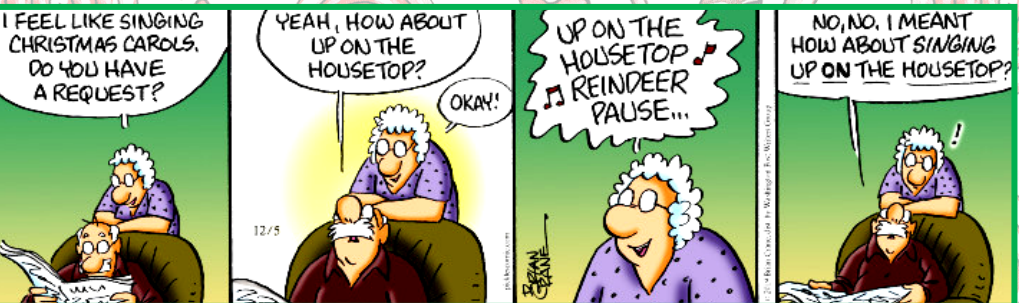
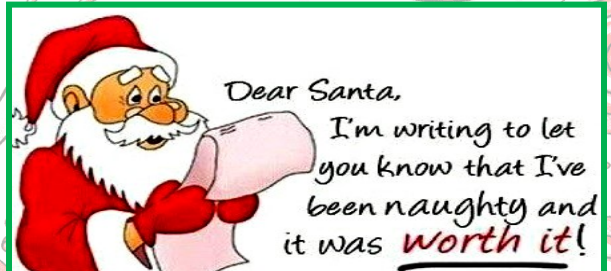
# Obituaries



# CHRISTMAS Giggles



## How to catch Santa







# CHRISTMAS CARD EXCHANGE

*Christmas is approaching, lets spread some Holiday Cheer!*



**Sign up for our Christmas Card exchange! We are going to be sending each other Christmas cards. They can be bought, hand made, they can be those pop up ones you see at the market, anything you can think of. It just has to fit into an envelope!**

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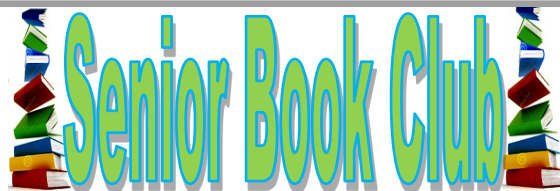
### **Some simple rules:**

- **SIGN UP:** Call the Senior Center to give us your mailing information. Once we have all the participants, we will give you your recipient information for the exchange. 435-654-4920
- **BE COMMITTED:** If you sign up, be committed to it. We don't want anyone to be left out.
- **SANITIZE YOUR CARD:** When you are writing up your card, please take all the precautions to keep your card clean and sanitize everything, COVID does not travel well on cardboard/paper surfaces, but better be safe than sorry!
- **MAIL BY DECEMBER 19TH:** We want everyone to receive their card before Christmas, please don't procrastinate.



We are currently reading:

**Christmas by Accident  
by Camron Wright**



Next meeting:

Thursday, November 19th

**\*\*Don't forget: Mask & Book\*\***



## Give Yourself Peace of Mind with an Advance Health Care Directive

Life is full of surprises. Some are wonderful, like an unexpected phone call from a long-lost friend. Other surprises though, like a sudden illness or a pandemic, can be cause for worry. One way to ease these worries is to make sure we are prepared for what comes our way. Having an advance health care directive is a great way to make sure you are prepared for illness or incapacity. A health care directive is a document that allows you to nominate an agent to make health care decisions on your behalf in the event you are unable to make them for yourself. There are many benefits to having a health care directive, including:

- Choosing your decision maker and specifying what decisions they can make for you;
- Expressing your wishes for end-of-life care; and
- Avoiding a guardianship proceeding;
- How to make your wishes legal.

Make sure you select someone you trust as your agent, and discuss your wishes and preferences with them in advance. Also, be sure to give a copy of your directive to your healthcare providers so they are aware of your wishes. You are free to revoke or change your directive at any time if your preferences change.

You can get started on your healthcare directive by visiting <https://ucoa.utah.edu/directives/> for a copy of the health care directive form as well as additional information on filling it out. Remember, a health care directive is not a Do Not Resuscitate (or POLST) order. Give yourself peace of mind, and complete your advance health care directive today.

utah department of  
**human services**  
AGING AND ADULT SERVICES

## FREE HELP for COVID-19 related stress

### THE UTAH STRONG RECOVERY PROJECT

If you or someone you know is experiencing stress, anxiety or depression because of COVID-19, talk to a crisis counselor seven days a week, 7a-7p. All information is confidential and free of charge.

Services include:



emotional  
support



crisis  
counseling



copied  
strategies



mental health  
education



referrals if  
more help is  
needed

**Call/Text: 385-386-2289**

**Email (first name and phone number only):  
UtahStrong@utah.gov**

**For immediate response after hours:  
1-800-273-TALK (8255)**

Counseling in Spanish and other languages available.

Operated by the Utah Department of Human Services, Division of Substance Abuse and Mental Health through a FEMA grant, facilitated by the Substance Abuse and Mental Health Services Administration



utah department of  
**human services**  
SUBSTANCE ABUSE AND MENTAL HEALTH

**SAMHSA**  
Substance Abuse and Mental Health  
Services Administration

## Online Bingo

WHEN: EVERY WEDNESDAY

WHERE: FACEBOOK   
(WASATCH COUNTY SENIOR PAGE)

TIME: 1:00 PM

COST: NO CHARGE!!

PICK UP BINGO CARDS CURBSIDE ON TUESDAY OR THURSDAY  
DURING LUNCH PICK UP BETWEEN 11:30AM-12:15PM

CALL US FOR DETAILS, WE ARE HERE TO HELP!

435-654-4920



## Books On Buses



Let us drop off books, movies, puzzles, etc. to your door step, at no charge to you. This service is offered to Wasatch County Seniors.

How it works:

- Call the Senior Center 435-654-4920 with your checkout request. Please provide your name, address, & phone number.
- Every Monday: We will deliver and/or pick up your items in a bag, which will be left outside on your doorstep or door handle.



A Collaboration Of The Wasatch  
County Senior Center & The  
Wasatch County Library.